



# OCTOBER

2025 Newsletter  
T'Sou-ke First Nation

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📷 T'Sou-ke Elders Germaine Sutherland, Gerald Lazzar, and Rick George  
sitting with Council at the CCHC Grand Opening

**Receive updates and monthly  
newsletters via email!**

Please call the office or email  
[communications@tsoukenation.com](mailto:communications@tsoukenation.com)  
to be added to the email list.

## T'Sou-ke Office Hours

**Monday to Friday**  
8:30am to 4:30pm

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,  
and Statutory Holidays



**Mailing Address:** PO Box 307  
Sooke, BC, V9Z 1G1



**Physical Address:** 1000 Soses Snanet Road  
Sooke, BC, V9Z 0G7

## Keep up-to-date by following the Nation's Facebook pages!



### **T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES**

*Stay informed on the Nation's activities, meetings, events, and more.*



### **T'Sou-ke Nation Health Office**

*Book health appointments via Facebook, phone, or email.*



### **T'SOU-KE NATION YOUTH & PARENTS**

*Updates on youth centre activities, programs, and events.*



### **Ladybug Garden & Greenhouse (LBGG)**

*Featuring the wonders and work taking place in the garden.*



### **T'Sou-ke Jobs Board**

*Showcasing internal and external job opportunities.*

## Administration

### **Secretary, Sarina Lazzar**

[secretary@tsoukenation.com](mailto:secretary@tsoukenation.com)  
250-642-3957

### **Administrator, Michelle Thut**

[administrator@tsoukenation.com](mailto:administrator@tsoukenation.com)  
ext. 233

### **Administrative Assistant, Jessica Kisby**

[admin3@tsoukenation.com](mailto:admin3@tsoukenation.com)  
ext. 242

### **Finance Manager, Sandra Sprinkling**

[admin1@tsoukenation.com](mailto:admin1@tsoukenation.com)  
ext. 223

### **Finance Assistant, Tara Jensen**

[admin2@tsoukenation.com](mailto:admin2@tsoukenation.com)  
ext. 222

### **Communications Coordinator, Natassia Davies**

[communications@tsoukenation.com](mailto:communications@tsoukenation.com)  
ext. 224

### **Income Asst. & Employment Svc., Yvonne St. Pierre**

[socialdevelopment@tsoukenation.com](mailto:socialdevelopment@tsoukenation.com)  
ext. 249

### **Maintenance Worker, John Warren**

[maintenance@tsoukenation.com](mailto:maintenance@tsoukenation.com)  
ext. 239

## Children and Families

### **Child and Family Lead, Denise Chewka**

[childfamilylead@tsoukenation.com](mailto:childfamilylead@tsoukenation.com)  
ext. 241

### **Band Designate, Alyssa Svoboda**

[banddesignate@tsoukenation.com](mailto:banddesignate@tsoukenation.com)  
ext. 247

### **Family Support Worker, Brandy Daniels**

[familysupportservices@tsoukenation.com](mailto:familysupportservices@tsoukenation.com)  
ext. 240

## Fisheries

### **Fisheries Stewardship Manager, Edward Chutter**

[fisheriesdirector@tsoukenation.com](mailto:fisheriesdirector@tsoukenation.com)  
ext. 230

## Health Department

**Health Manager, Rose Dumont**  
[rosedumont@tsoukenation.com](mailto:rosedumont@tsoukenation.com)  
ext. 237

**Indigenous Wellness Provider, Kristin Benty**  
[indigwellness@tsoukenation.com](mailto:indigwellness@tsoukenation.com)  
ext. 232

**Community Nurse, Jennifer Routhier**  
[nurse1@tsoukenation.com](mailto:nurse1@tsoukenation.com)  
ext. 238

**Health Care Assistant, Lorissa Orser**  
[healthcareassistant@tsoukenation.com](mailto:healthcareassistant@tsoukenation.com)  
ext. 238

**Health Care Assistant, Debbie Ridley**  
[healthcareassistant@tsoukenation.com](mailto:healthcareassistant@tsoukenation.com)  
ext. 235

**Community Health, Daphne Underwood**  
[communityhealth@tsoukenation.com](mailto:communityhealth@tsoukenation.com)  
ext. 235

**Maternal Child Health Worker, Debbie Ridley**  
[mchworker@tsoukenation.com](mailto:mchworker@tsoukenation.com)

## Lands, Forestry, Environment

**Land Governance Manager, Bonnie Hill**  
[landsmanager@tsoukenation.com](mailto:landsmanager@tsoukenation.com)  
ext. 227

**FireSmart & Emergency Preparedness, Emily Lock**  
[landsandreferralsclerk@tsoukenation.com](mailto:landsandreferralsclerk@tsoukenation.com)  
ext. 245

**Lands Referrals Clerk, Amanda Mobley**  
[landsandreferralsclerk@tsoukenation.com](mailto:landsandreferralsclerk@tsoukenation.com)  
ext. 243

**Terrestrial Guardian, Dave Planes**  
[guardian1@tsoukenation.com](mailto:guardian1@tsoukenation.com)

**Marine Guardian, Raven Planes**  
[guardian2@tsoukenation.com](mailto:guardian2@tsoukenation.com)

**Environment/Forestry, Lawrence Underwood**  
[forestryandenvironment@tsoukenation.com](mailto:forestryandenvironment@tsoukenation.com)  
ext. 226

## Ladybug Garden

☎ 250-642-3949

**Garden Coordinator, Christine George**  
[ladybuggarden@tsoukenation.com](mailto:ladybuggarden@tsoukenation.com)

## Marine Team

☎ 778-352-0011

**Com. Relations Coordinator, Eva Shaffer**  
[marineliaison2@tsoukenation.com](mailto:marineliaison2@tsoukenation.com)

**Marine Field Tech, Louis Sudlow**  
[lsudlow@snekecentre.ca](mailto:lsudlow@snekecentre.ca)

**Marine Field Tech, Milynda Planes**  
[mplanes@snekecentre.ca](mailto:mplanes@snekecentre.ca)

## Youth Centre

☎ 778-535-3957

**Youth Worker, Brittany Vince**  
[youthcentre@tsoukenation.com](mailto:youthcentre@tsoukenation.com)

## Sum-SHA-Thut Lellum

☎ 250-642-2263

**ECE Teacher, Jennifer Dumont**  
**ECE Assistant, Soleil Saxelby**  
[sumsha@tsoukenation.com](mailto:sumsha@tsoukenation.com)

## Chief and Council

**Chief Lawrence Underwood**  
[chiefunderwood@tsoukenation.com](mailto:chiefunderwood@tsoukenation.com)

**Councillor Rose Dumont**  
[dubzdu@gmail.com](mailto:dubzdu@gmail.com)

**Councillor Bonnie Hill**  
[bonniehill@tsoukenation.com](mailto:bonniehill@tsoukenation.com)

**Councillor Debra Lazzar, Khumchíshliá**  
[debralazzar@tsoukenation.com](mailto:debralazzar@tsoukenation.com)

# October 2025

*Please note: these services are intended for T'Sou-ke Nation members & their families unless otherwise stated.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Rise & Shine Fitness 6-7am  <b>Chief &amp; Council Meeting</b> 6-8pm Via Zoom  Full Body Fitness 7:30-8:30pm	<b>Te'mexw Treaty Meeting</b> 5:30pm @ CCHC	Rise & Shine Fitness 6-7am  NIŁ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
5	6	7	8	9	10	11
	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm  <b>Craft Night</b> 5-8pm @ CCHC	<b>Children &amp; Family: Jordan's Principle &amp; Legal Aid Presentations &amp; Lunch</b> 9:30am-1:30pm @ CCHC  <b>Tribal Journeys Kick-Off Dinner</b> 5:30pm @ CCHC	<b>Dinner &amp; Discussion on Caring for our Families: South Island Indigenous Authority (SIIA) + T'Sou-ke Nation</b> 5:00pm @ CCHC	Rise & Shine Fitness 6-7am  NIŁ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
12	13	14	15	16	17	18
	<b>CLOSED</b> (Thanksgiving)	<b>5-and-Under Playgroup</b> 2:30-4pm @ CCHC  <b>Environmental Management Plan Final Draft Review &amp; Dinner</b> 5:30pm @ CCHC  <b>SENĆOŦEN Language Class</b> 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	<b>Dr. Kluge's Clinic</b> 10am-4pm @ CCHC	Rise & Shine Fitness 6-7am  NIŁ TU,O Family Support Services 8:30am-4:30pm	
19	20	21	22	23	24	25
<b>Drum-Making Workshop</b> (Registration Req'd) 10am-1pm @ CCHC	Rise & Shine Fitness 6-7am  <b>IPCA Dinner &amp; Bingo</b> 5:30pm @ CCHC  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am  <b>BOO Bash!</b> 6:00-8:00pm @ Old Band Hall  Full Body Fitness 7:30-8:30pm		<b>Galey Farms Trip</b> 9:15am-4:30pm  NIŁ TU,O Family Support Services 8:30am-4:30pm	
26	27	28	29	30	31	
	<b>Craft Night</b> 5-8pm @ CCHC  <b>Chief &amp; Council Meeting</b> 6-8pm Via Zoom	<b>SENĆOŦEN Language Class</b> 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am  <b>Community Dinner</b> 5:30pm @ CCHC  Full Body Fitness 7:30-8:30pm			



# Youth Calendar

# October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 Tutor (3:30pm-5:30pm)	3	4	5
6 Seaparc Swimming 7+ (7:00pm-8:15pm)	7 Drop-In 5+ (3:30pm-6:00pm)	8 Tribal Journeys Craft Night 5+ (5:30pm- 8:00pm) CCHC	9 Tutor (3:30pm-5:30pm)	10 No Activity (Unless posted otherwise)	11	12
13 STAT	14 Drop-In 5+ (3:30-6:00pm)	15 Tribal Journeys Craft Night 5+ (5:30pm- 8:00pm) CCHC	16 Tutor (3:30pm-5:30pm)	17 No Activity (Unless posted otherwise)	18	19
20 Seaparc Swimming 7+ (7:00pm-8:15pm)	21 No Activity (Unless Posted Otherwise)	22 Boo Bash (Halloween Party) (5:00pm-8:00pm)	23 Tutor (3:30pm-5:30pm)	24 Galey Farms (9:15am-4:30pm)	25	26
27 No Activity (Unless posted otherwise)	28 No Activity (Unless posted otherwise)	29 No Activity (Unless posted otherwise)	30 Tutor (3:30pm-5:30pm)	31 No Activity (Unless posted otherwise)		

## EVENTS

### CONTACT INFO:

[YOUTHCENTRE@TSOUKENATION.COM](mailto:YOUTHCENTRE@TSOUKENATION.COM)

OR CALL/TEXT 778-535-3957

#### Seaparc Swimming

Seaparc is for Youth 7+, Please let Brittany know ahead of time if Youth require transportation. Also please make sure Youth pack a towel and swimsuit.

#### Boo Bash @ Old Band Hall

This is our Halloween Party this year! All families are welcome and encouraged to attend. Transportation will not be available for this event.

#### Tribal Journeys Craft Night @ CCHC

We are helping prepare giveaways for Tribal Journeys this year. Please let Brittany know ahead of time if Youth require transportation.

#### Tutoring @ Lazzar Building

Tutoring is for Middle/High school students. If Elementary students require a tutor contact us. In attempts to raise our tutoring numbers we will also have a large prize that will be drawn part way through the school year. You get entered in the draw each tutor day you attend.

#### Galey Farms

On this day all families and community members are welcome and encouraged to attend. Registration is required. If any Youth 5+ would like to attend and do not have a parent/guardian attending with them, they will need to contact Brittany ahead of time.

#### Drop-in 5+

Drop-in will be held at the Lazzar Building. Please contact Brittany if youth need transportation.



## From the Administrator's Desk

Hello Community, and welcome to fall. Wow, this summer just flew by; I think I blinked and missed it! The T'Sou-ke staff were busy, and I'd like to share a few highlights with you.

This year I was fortunate to spend some of my vacation with the Tribal Journeys group as they landed in Elwha and took part in protocol. The dancing, singing, and stories are things my family and I will carry with us for years to come. We had eight staff participate alongside the group of 30 from T'Sou-ke, and their commitment, energy, and pride in representing our Nation on the waters was inspiring to witness firsthand. The team not only gave it their all paddling on the water but also showed so much pride and commitment representing T'Sou-ke in the protocol tent.

Much of my team's focus this summer was preparing for the Grand Opening of our new Community Complex and Health Centre (CCHC) on September 15. We welcomed about 175–200 guests. It was powerful to see our community, Elders, and youth alongside our leadership. From the singing and drumming to the bench dedication, Welcome Figure blessing, youth mosaic unveiling, and mural blessing, the day was filled with pride and spirit.

At dinner we shared a feast that included halibut and sockeye salmon from our Fisheries team, along with locally sourced crab and clams. I want to publicly acknowledge Rob, our head cook, who led his team of sous chefs in preparing such a delicious meal. While we didn't get the chance to thank you properly at the event, I raise my hands to you all—your hard work and care made the opening truly memorable.

Our Fisheries team also worked hard this season to secure and distribute salmon to members, ensuring our freezers were replenished and families could enjoy this important food together. Their dedication to this work is deeply appreciated.



Our youth and families had a busy and memorable summer as well! They got out on the water to fish and proudly brought home their catches to share with their families. They also enjoyed a variety of activities like swimming at the potholes, fun ice cream trips, WildPlay adventures, and even a meet-and-greet with NITUO hosted by the Children and Families Department. A special highlight was the Cultus Lake family trip, led by our Health team and supported by other staff. This outing gave families a chance to spend time together, enjoy the summer, and create lasting memories.



I also want to acknowledge the dedication of our staff across every department: finance, lands, children & families, maintenance, health, fisheries and marine, and administration. Their work keeps services running smoothly and makes events like these possible. This includes the important behind-the-scenes work of supporting Chief & Council in their leadership role—whether preparing for community meetings or helping to host and coordinate visits such as the Base Commander's. Moments like that strengthen our Nation-to-Nation relationships and reflect the professionalism of our staff.

Summer also brought some fun staff gatherings, including our fishing derby and ball game. The derby gave staff a chance to get out on the water, connect with one another, and enjoy a day of fresh air—a reminder that sometimes the best team building happens with a fishing rod in hand. The ball game was another highlight, with staff of all skill levels having a blast together. The teams were led by their captains—Larry from Lands and John from Maintenance—and while everyone had fun, a little rivalry was definitely simmering (from the captains... or maybe a few team members, lol). You can bet it will carry over into next year's game. We ended the day with Carol Planes' delicious Indian tacos which were so good there wasn't a single one left!

Wishing you a wonderful fall. I look forward to seeing you around the Centre as you connect with our staff, join in community events, or simply drop in for a visit.

**Michelle Thut**  
Administrator





## T'Sou-ke Nation celebrates the Grand Opening of the new Community Complex & Health Centre

It was a beautiful show of community and culture as families, staff, and community partners came together to celebrate the grand opening of the T'Sou-ke SKÁPEŁ I, SOT ÁLEN—the T'Sou-ke Community Complex and Health Centre—on September 15, 2025.

The ceremony began with the unveiling of a handcrafted wood bench dedicated to the late Jim Cooper, whose vision set in motion the plans to develop a new space for community and gathering. After Elder Shirley and her youth helper, Katrina, blessed the bench, Ardyth Cooper gave a moving speech about her father's legacy and the importance of carrying forward and acting on our cultural responsibilities—values that Jim cared about deeply.

The next unveiling was the Welcome Figure named W̱NENÍENES, meaning 'smiling' in SENĆOŦEN. The Welcome Figure project was initiated by the late Linda Bristol as part of the T'Sou-ke Arts Group and was funded by the Canada Council for the Arts. Two T'Sou-ke youth artists, Jordan Hill and Natassia Davies, participated in the carving of the figure under the mentorship of Assistant Carver Tejas Collison and Master Carver Carey Newman.



With input from Elders and community members, it was decided that the Welcome Figure would honour Linda, who was a leader and a strong supporter of the arts. The artists modeled the Welcome Figure after Clamoise, the Wild Woman in T'Sou-ke culture, and had her stand atop an orca, one of T'Sou-ke's crests. Clamoise is surrounded by the seasons, herring, frogs, camas, dragonflies, and family members in the form of eagle and owl. Linda's crests are carved into the shawl of Clamoise. Days prior to the event when the Welcome Figure was installed, a dragonfly flew around the figure moments after installation in all its symbolic beauty. HÍSWŪKE, thank you to Monique Pat and her family for sharing words and guidance on this momentous occasion.



The final unveiling was of the mosaic art piece named QENETW TŔE SĆĀS TŔE STĒLITŔKĒŁ, meaning 'Look at the Work of the Children' in SENĆOŦEN. Designed by T'Sou-ke artist Shelley Davies, this vibrant mosaic was brought to life through her mentorship and the creativity and hands-on contributions of more than 20 T'Sou-ke youth.

At its heart, the mosaic reflects the cumulative efforts of the youth and the many teachings they have learned over the years. The inner circle portrays a child, safe and nurtured in their cocoon, symbolizing innocence and potential. Encircling this is the loving support of close family who foster growth and resilience, allowing the child to emerge as a beautiful butterfly—a symbol of transformation, grace, and hope. The outermost circle represents the broader community, whose collective knowledge, love, and guidance shape the child's journey into adulthood as a thriving member of society. Adorning each corner are designs envisioned and crafted by the youth, offering glimpses of their dreams for the future.



This mosaic stands as a powerful reminder of the strength found in community and the bright potential of our future generations. HÍSWƁƁE, thank you to Shelley and all youth who brought to life this beautiful representation of teachings and culture.



The ceremony concluded with an official ribbon cutting at the building entrance performed by Chief Underwood and Councillors Rose Dumont, Bonnie Hill, and Debra Lazzar, along with the First Nations Health Authority's Vice President of Regional Operations, Brennan MacDonald. Guests were then welcomed inside where the evening concluded with a delicious meal of traditional foods including salmon, halibut, clams, and crab. HÍSWƁƁE, thank you to Rob Davies, Shelley Davies, Daphne Underwood, John Ryce, Edward Chutter, and their helpers for preparing an incredible feast.

We raise our hands in gratitude to Shirley Alphonse and Bruce Underwood for leading the ceremony and protocol in a good way. We also acknowledge and thank our witnesses, MLA Dana

Lajeunesse, Mayor Maija Tait, Elder Jackie Deyager, and Sarina Lazzar for bearing witness to this very special day for T'Sou-ke Nation and sharing their observations of the day's events.

We are grateful to all those who travelled from near and far to attend the grand opening and most of all, HÍSWƁƁE, thank you to all T'Sou-ke members and families! Regardless of whether or not you were able to attend the grand opening, we raise our hands to you. The vision of this building included YOU, each and every one of you, and we look forward to creating meaningful and lasting memories in this new space for decades to come.



T'Sou-ke Nation's

# BOO BASH!

Let the Ghoul Times Roll

Wednesday, October 22 @ Old Band Hall

5:00–8:00pm

Fireworks @ 7:30pm

Join us for a spooky evening of **games, fun, and fireworks!**  
Dinner will be served.

Dress up in your Halloween best to win the **Costume Contest**,  
and enter in the **Cake Walk** and bring home a yummy treat!

If you would like to **donate a cake for the cake walk**, please let  
Brittany know! [youthcentre@tsoukenation.com](mailto:youthcentre@tsoukenation.com)

## SENĆOTEN Language Class

ÍY,ŞŁÁĆEL (Good Day) Families! Language classes are available on the following dates at the CCHC:

**Tuesday, October 14**  
**Tuesday, October 28**  
**6–7:30pm**

**Please feel free to join in classes whenever you are able. You don't need to register.** Ivy is a kind, patient teacher with much knowledge to share. We look forward to learning together!

*A friendly reminder these are not open to the general public and are intended only for our members and their families.*

## Te'mexw Treaty Meeting

Community Complex  
& Health Centre

**Thursday, November 6**

## IPCA Dinner & Bingo!

**Monday, October 20**

**Doors @ 5:00pm**

**Dinner @ 5:30pm**

**IPCA Discussion  
& Bingo @ 6:00pm**

Join us on Monday, October 20<sup>th</sup> for our monthly dinner to discuss Indigenous Protected and Conserved Areas (IPCAs) and discuss T'Sou-ke Nation's intention to establish an IPCA within our territory. We'll share a meal and play BINGO!!

## Environmental Management Plan: Final Draft Review & Dinner

**Tuesday, October 14**  
**5:30pm**

The Lands Committee has completed final revisions of the draft Environmental Management Plan (EMP) and is ready to share it with community before presenting it to Chief and Council.

Please join us for dinner to see the final plan and learn how your input shaped the Nation's approach to environmental management within the territory.

## Craft Night

5–8pm @ CCHC  
Drop-in, no registration needed!

**Tuesday, October 7**

## Drum-making Workshop

10am–1pm @ CCHC  
Register with Rose Dumont

**Sunday, October 19**

## Community Dinner

5:30pm @ CCHC

**Wednesday, October 29**

## 5-and-Under Playgroup

Join us at the Community Complex & Health Centre for a 5-and-under baby/toddler playgroup. **To register or for questions, please contact Debbie** via 250-642-3957 ext. 235 or via [mchworker@tsoukenation.com](mailto:mchworker@tsoukenation.com).

**Tuesday, October 14**  
**2:30–4:00pm**  
**CCHC (Community Room)**



## Child & Family Services Presentations and Resources

**Wednesday, October 8**

Join the Children and Families department on October 8<sup>th</sup> at the CCHC for presentations from Legal Aid BC and Jordan's Principle. These presentations will focus on parents' legal supports and resources, and the claims process for individuals and families affected by child welfare removals between April 1, 1991, and March 31, 2022.

### **'Legal Aid Child Protection Matters' Presentation**

**9:30am–10:30am**

Sharing information and resources about the support available for parents facing child protection concerns, including legal advice and advocacy services.

### **'Jordan's Principle Child and Family Settlement' Presentation**

**11:30am–12:30pm**

Reviewing eligibility criteria, claims submission process, and support resources for First Nations individuals and families affected by child welfare removals between April 1, 1991, and March 31, 2022.

**Lunch will be served after the presentations from 12:30–1:30pm.**  
Please refer to the flyers on the following pages for more information.

## **Caring for our Children & Families: South Island Indigenous Authority (SIIA) + T'Sou-ke Nation Draft Legislation**

**Thursday, October 9 | 5:00–7:00pm | @CCHC | Dinner will be served**

Join us on Thursday evening to learn about the South Island Indigenous Authority (SIIA) and their plan for South Island Nations to take back responsibility for caring for their own children and families, rather than having the Ministry of Children and Family Development (MCFD) oversee care as they do currently.

**This is an important topic for T'Sou-ke families, and we as a community will eventually need to inform Chief and Council on whether or not this is something we want to pursue.**

**Please attend if you are able, listen to SIIA's plan, and ask questions!! Door prizes are up for grabs!**



# Parents Legal Centre

**Has a social worker contacted you about your children?**

**You have the right to free legal advice.**

The Parents Legal Centre provides a free lawyer and an advocate to help you address the social worker's concerns about your children's safety (child protection) early on.

Together they can help you find solutions that work for you and your family.

To find out if you qualify, call the **Legal Aid BC Call Centre:**

**604-408-2172** (Greater Vancouver)  
**1-866-577-2525** (elsewhere in BC)

Or contact your **local legal aid location**. Find location information and hours at [legalaid.bc.ca](https://legalaid.bc.ca)

## **The lawyer can:**

- give you legal advice about how to resolve child protection concerns as early as possible; and
- represent you at court and in other meetings outside of court.

## **The advocate can:**

- provide information and support;
- connect you with other services, such as counselling and housing; and
- go with you to meetings and appointments.



**Legal Aid BC**







## The Claims Period for the Removed Child Class and Removed Child Family Class opened on **March 10, 2025.**

### Eligibility



#### The Removed Child Class

- First Nations individuals who, while under the Age of Majority, were removed from their homes between April 1, 1991, and March 31, 2022, by Child Welfare Authorities
- The removal from home happened while the Child or their Caregiving Parents or Caregiving Grandparents were Ordinarily Resident on Reserve or living in the Yukon
- The placement was funded by Indigenous Services Canada (ISC)



#### The Removed Child Family Class

Caregiving Parents and Caregiving Grandparents of a Removed Child who:

- Are the biological or adoptive parents, biological or adoptive grandparents, or Stepparents who are First Nations
- Lived with, assumed and exercised parental responsibilities over the Removed Child at the time the Child was removed
- Were the ones the Removed Child was first removed from

### How to submit a Claim

Submit your Claim Form, copy of your valid government-issued identification and any required documents to the Administrator at [Portal.FNChildClaims.ca](https://portal.fnchildclaims.ca) or by email, fax or mail.

The Administrator cannot accept Claims submitted on behalf of another person unless:

- The Claim is submitted by a legally appointed Personal Representative on behalf of a Person Under Disability
- The Claim is submitted on behalf of a deceased person by the executor of their estate or an eligible heir

If you believe you are eligible under more than one Class, submit a separate Claim Form for each Class.

# GALEY FARMS



**Friday, October 24<sup>th</sup>, 2025**

**Registration for this trip is at capacity.**

**All who registered as of 11:00am on Friday, October 3 have a spot reserved.**

If you would like to be added to the **waitlist** in case of a cancellation, please contact a staff member in the Children & Family Department.

**Please meet at the old Band Hall on #1 by 9:15am on Friday, October 24. If you plan to drive your own vehicle, please let us know so we can plan accordingly.**

**Bus pick-up:** 9:15am @ Old Band Hall

Spend day at Galey Farms

**Bus returns** to Sooke/Old Band Hall by 4:30pm

Please note that parents are not required to attend for youth aged 7–18 to participate. If you have any questions, please contact Denise, Alyssa, Brandy, or Brittany. 250-642-3957.



# IPCADinner & Bingo



## Join us:

Come share a meal with friends and family while helping shape the future of our lands and waters. This month's dinner will **focus on mapping and identifying important areas for the T'Sou-ke IPCA** (Indigenous Protected and Conserved Area). Your knowledge and perspectives are vital in guiding this work.

**WHAT: Community Dinner & Bingo!**

**WHERE: Community Complex & Health Centre**

**WHEN: Monday, October 20th, 5:00-7:00PM**



Bring your voice, your stories, and your ideas—we look forward to seeing you there!

We want to hear from you! As part of the T'Sou-ke IPCA planning process, we're asking community members to take part in a short feedback activity to share your vision, values, and priorities for our lands and waters. Everyone who completes the activity will be entered into a prize draw, with the winner announced at the November IPCA Community Dinner. Stay tuned for more details.



# Indigenous Protected and Conserved Areas (IPCAs)

**"IPCAs are lands and waters where Indigenous governments have the primary role in protecting and conserving ecosystems through Indigenous laws, governance, and knowledge systems. Culture and language are at the heart and soul of an IPCA."**

**-Indigenous Circle of Experts, 2018**

## Elements of an IPCA:

### Indigenous-led



### Represent a long-term commitment to conservation



### Uplift Indigenous Rights & Responsibilities



Over 80 IPCAs have been established in the Canadian context.

IPCAs are a modern application of Indigenous laws and knowledge systems. Indigenous Governments, Nations and Peoples create IPCAs to assert their nationhood and sovereignty on the lands and waters they have been stewarding for millennia.

Indigenous Governments hold the inherent right to establish and care for IPCAs in their territories. IPCAs can be declared anywhere within the territory of an Indigenous Nation, Government or community, including reserve lands, cities/towns, rural areas and watersheds.

## Further Resources:

- The IPCA Knowledge Basket is a website dedicated to resources about IPCAs: [www.ipcaknowledgebasket.ca](http://www.ipcaknowledgebasket.ca)
- A network of IPCA Innovation Centres is being developed to coordinate and build capacity for IPCAs: [www.ipcainnovation.ca](http://www.ipcainnovation.ca)



## Introducing T'Sou-ke Nation's new FireSmart and Emergency Preparedness Coordinator, Emily Lock!

Emily is very excited to collaborate with the T'Sou-ke Nation staff and community members to enhance emergency preparedness and reduce wildfires hazards for the T'Sou-ke First Nation lands.

Emily has been involved with Emergency Preparedness with the community of Sooke for over 17 years, helping to create the Emergency Support Services program (ESS) from the ground up, which now has almost 30 volunteers. She is very passionate about supporting, training and promoting emergency preparedness within our community.

Emily will be working with the community to support and implement FireSmart guidelines and principles as well as teaching, training and continuing to educate our members, youth, elders and staff through proactive emergency planning tips, tricks, and household planning.

Emily is in the CCHC office Wednesdays and Thursdays from 8:30am–4:30pm, and would love to hear from anyone and everyone who might have questions, comments or any interest in the FireSmart and Emergency Preparedness Programs.

She will be attending our quarterly open houses, setting up FireSmart 101 training, creating an ESS team, hosting community education events, working with the youth program to promote knowledge and preparedness, and conducting FireSmart Home Assessments, among many other activities.

Please watch the upcoming monthly newsletters for a schedule of training/education events.

Feel free to reach out to Emily at any time!

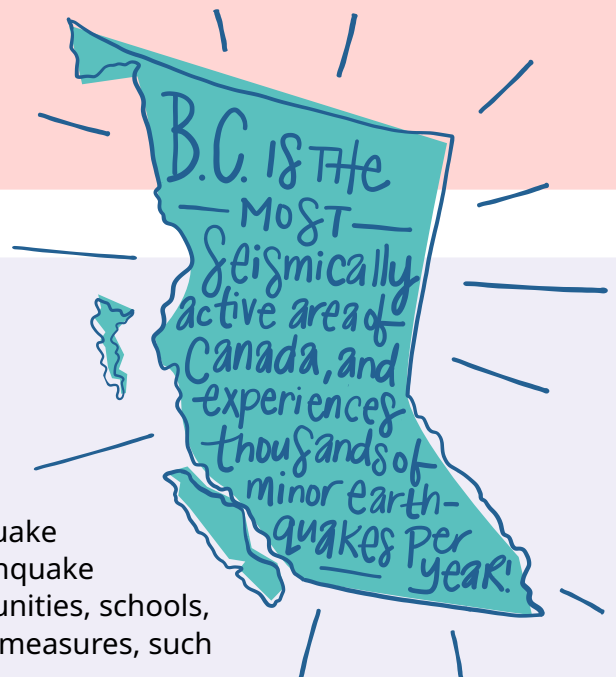
[emily@tsoukenation.com](mailto:emily@tsoukenation.com)  
250-642-3957 ext. 245

## The Great British Columbia ShakeOut

October 16 @ 10:16am

The Great British Columbia ShakeOut is an annual earthquake preparedness drill organized by the British Columbia Earthquake Alliance. It provides an opportunity for individuals, communities, schools, and organizations to practice essential earthquake safety measures, such as "Drop, Cover, and Hold On".

This year, the 15th Annual ShakeOutBC earthquake drill will take place on Thursday, October 16th, at 10:16 AM. Participants can join thousands of others to learn how to stay safe during and after an earthquake.



*BC Earthquake graphic sourced via 'shakeoutbc.ca'*

EFT Payments Notice

Please be advised that Income Assistance payments are now issued via Electronic Funds Transfer (EFT). While the exact time the funds will appear in your account may vary, payments will be deposited **by the end of day** on the scheduled Income Assistance payment dates.

If the payment does not appear in your account on the scheduled date, **please wait until the next business day before contacting the office.**

Thank you for your understanding and cooperation.

Important Notice for all Clients:

**Declarations and Job Search Forms** must be picked up **from me directly.**  
This allows me to ensure that **all required documents**—including your budget and decision forms—are properly **signed before the next cheque issue date.**

MONTH	*DECLARATION DUE DATE	CHEQUE ISSUE DATE
November 2025	October 17	October 22
December 2025	November 14	November 19
January 2026	December 12	December 17

**\* Your Declaration and Job Search Form (if applicable) are due the Friday before each cheque issue date.**

Friendly Reminders:

- If you're working, submit **income verification slips with your monthly declarations.**
- Provide **monthly utility bills** to ensure timely payment.
- **Print your name clearly** on your declaration and **don't forget to sign it!**



Wednesday, October 1	
	Roast beef, potatoes, carrot sticks, buns <i>Bread pudding</i> Milk/Juice
Monday, October 6	Wednesday, October 8
Beef & barley soup, carrot sticks, buns <i>Yogurt w/ berries</i> Milk/Juice	Nuts & bolts stir fry, rice <i>Peach cobbler</i> Milk/Juice
Monday, October 13	Wednesday, October 15
<b>CLOSED</b> (Thanksgiving)	Ham & bean soup, spinach salad <i>Mousse</i> Milk/Juice
Monday, October 20	Wednesday, October 22
Cod, rice, mixed vegetables <i>Cinnamon apples</i> Milk/Juice	Clam chowder, salad, baked bannock <i>Cottage cheese &amp; fruit cups</i> Milk/Juice
Monday, October 27	Wednesday, October 29
Baked macaroni, broccoli, rutabaga & carrots <i>Berries w/ whipped cream</i> Milk/Juice	Chicken cacciatore, corn <i>Oatmeal cookies</i> Milk/Juice

**Meals are subject to change depending on availability of products.**

Please ensure there is a cooler outside your door, clearly marked for your Meals on Wheels to go into if you are not home. This keeps your meals safe from animals. Thank you.

This is a needs-based program. If at any time an Elder or member requires this service due to medical reasons and/or needs some extra help, this service is offered. To receive this service, one of our nurses will set up appointments for assessments.

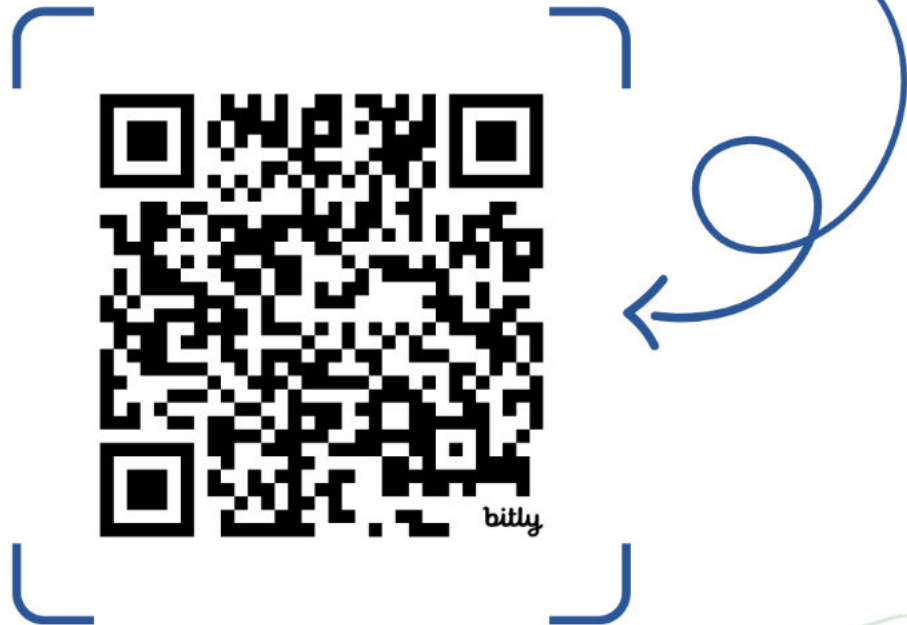


**TE'MEXW**  
TREATY ASSOCIATION



**SCAN THE QR CODE  
TO SIGN UP FOR TREATY UPDATES**

Scan me



[info@temexw.org](mailto:info@temexw.org)



250-360-2202

# NOVEMBER

The November date on the magnet calendar was changed to the date below.



## T'SOU-KE COMMUNITY MEETING

November 6, 2025



New location

Dinner: 5:30 p.m. PT

Meeting/Livestream: 6:00 p.m. PT



Join the negotiations team for a discussion on the Fisheries Offer Update.



- Venue: T'Sou-ke Community Complex & Health Centre

- Located near Tim Hortons and Petro Canada on IR 1, just off of Highway 14
- Dinner will be provided at 5:30 p.m. PT for in-person attendees
- Members attending the full meeting will receive a \$35 handshake

### Unable to join us in person?

Simply scan the QR code below using a phone camera or reach out to your Treaty Support Clerk for the Zoom link to register.



The Livestream is slated to start at 6:00 p.m. PT

For more details, kindly contact us at [info@temexw.org](mailto:info@temexw.org) or contact Denise at [dpurcell@temexw.org](mailto:dpurcell@temexw.org)





## Children & Family Activities!

Back at the end of August, the Children and Family Department organized a youth fishing day, giving 8 T'Sou-ke youth the opportunity to hop on a fishing boat and spend the day out on the Salish Sea.

Each youth had multiple turns reeling in fish and every youth caught at least one fish! Each youth was able to take home two fish each to share with their families. After fishing, the group wrapped up with a delicious BBQ and a school supply draw to prepare for the new school year!



## NIŁ TU, O in T'Sou-ke

In September, NIŁ TU, O Family Support Services visited T'Sou-ke and brought games, prizes, and an ice cream truck!

Parents had the opportunity to learn more about NIŁ TU, O's services while kids got to play, and both adults and kids entered their names into raffles for some awesome prizes.

Congratulations to Milynda for winning a Blackstone Grill, Skylar for winning a tablet, as well as Kali, Hailey, Tessa, Wyatt, Oliver, and Jackson for winning an assortment of fun toys.

# Health Department

Book appointments with us via phone, email, or Facebook

- 📞 250-642-3957  
ext. 237 (Rose, Admin Health Coordinator)  
ext. 238 (Jen, Community Nurse)
- ✉️ [rosedumont@tsoukenation.com](mailto:rosedumont@tsoukenation.com)
- ✉️ [nurse1@tsoukenation.com](mailto:nurse1@tsoukenation.com)
- 📘 T'Sou-Ke Nation Health Office

TUESDAYS

12:00–7:00pm

## Counselling & Wellness Services

HEALTH OFFICE

Sea To Tree works with children, youth/teens, adults, couples, parents, and families to support mental and emotional well-being.

The Health Department has partnered with Sea To Tree Health & Wellness to offer in-house services every Tuesday for T'Sou-ke Nation members, their spouses, and their children.



Please book ahead if possible, but drop in if you need to!

Book via Health Dept. or call 778-352-3115

DROP-IN

6:00–7:00am

### Rise & Shine

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

DROP-IN

7:30–8:30pm

### Full Body Strength

BAND HALL

Plan an evening stretch-and-flex in this full body strength training program

MON

WED

DROP-IN

12:00–1:00pm

### Yoga

HEALTH OFFICE OR OUTSIDE

Find a moment of peace during this relaxing afternoon yoga class

FRI

Please keep an eye on the newsletter's monthly calendar as some fitness classes may be affected by community dinners or special events.

### Seaparc Passes

Seaparc passes are available at the Health office! Families are eligible for 4 passes per month.



To inquire about these health services or book an appointment, contact the Health Department or watch for monthly bookings shared on the T'Sou-ke Nation Health Office Facebook page.

☎ 250-642-3957

### Dr. Kluge's Clinic

#### What is this service?

A one-day monthly clinic to access physician services. You may access this service regardless of whether or not you have a family doctor.

#### Who is this for?

Families on and off reserve requiring access to a physician

**THIS MONTH'S CLINIC:**  
**Thursday, October 16**

### Reflexology (monthly)

#### What is this service?

Reflexology provides relaxation, eases stress and tension, and helps with general well-being. It can also reduce pain and improve circulation and muscle tone.

#### Who is this for?

Families and spouses living on and off reserve

### Acupuncture (monthly)

#### What is this service?

Holistic treatment for a variety of health-related needs which can be discussed with Dr. Donna Ogden

#### Who is this for?

Families and spouses living on and off reserve

### Blood Pressure Readings

#### What is this service?

A drop-in service to have your blood pressure taken and read by our community nurse.

#### Who is this for?

Families and spouses living on and off reserve

### Homemaking Services \*

#### What is the service?

Weekly house cleaning

#### Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

### Home Care Support \*

#### What is this service?

Weekly sessions for those who need assistance with personal care such as bathing safely, getting to appointments, companionship, light housekeeping, grocery shopping, and other day-to-day activities.

#### Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

### Meals on Wheels \*

#### What is this service?

Nutritious lunches delivered twice a week (except on holidays)

#### Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

### In-Home Mobility \*

#### What is this service?

Assessing and addressing current mobility challenges to strengthen and increase mobility with Dr. Donna Ogden. These are done on a weekly or bi-weekly basis.

#### Who is this for?

Families living on reserve

### Foot Care \*

#### What is this service?

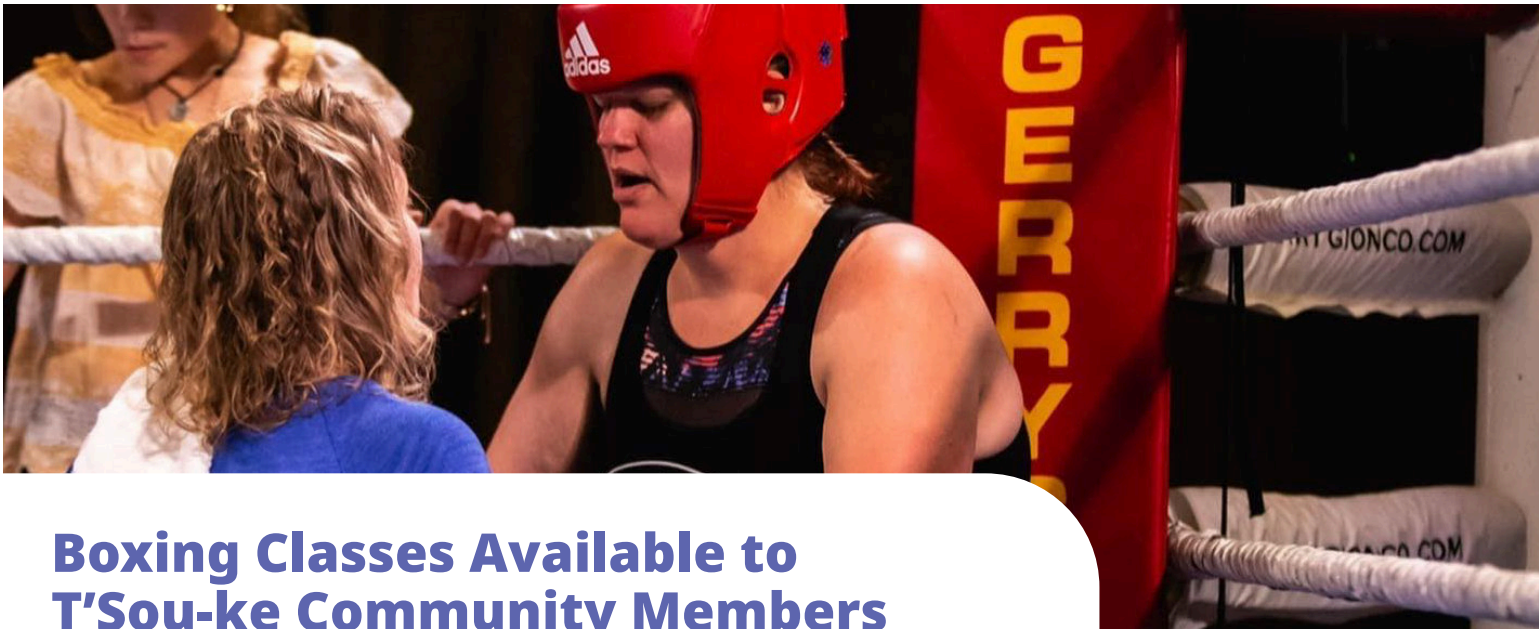
Toenail clipping and foot health education relating to diabetes

#### Who is this for?

Families and their spouses living on or off reserve who have diabetes or other health/physical limitations

**\* Some services will require assessment to access**





## Boxing Classes Available to T'Sou-ke Community Members

Thanks to our wonderful partnership with the Sooke Boxing Club, T'Sou-ke community members can access boxing classes free of charge—the only expense is your own wrist wraps, which are under \$20. Check out the schedule below. All classes take place at the Lazzar building at the entrance to IR#1.

# BOXING SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 - 12:00					
12:00 - 01:00		Adult Fitness		Adult Fitness	
01:00 - 02:00					
02:00 - 03:00					
03:00 - 04:00					
04:00 - 05:00					
05:00 - 06:00	Adult Fitness		Adult Fitness		Adult Fitness
06:00 - 08:00		Advanced		Advanced	